Circus workshop

Last week room 10 was full of enthusiasm as we walked happily to the hall. We sat down right next to the stage getting more and more excited about the circus skills that George and Lil were going to teach us. Suddenly George came up to us and introduced himself and his incredible partner to us.

First of all we did a warm up. In the warm up we did some balancing and stretching. We had a lot of fun during the warm up. Secondly we split up into two groups. If you were in group 1 you with George and if you were in group 2 you were with Lil. I was in group 1 which meant I was with George.

If you were with George you did miming and faking things. One of the things that we did was pretending we were pulling up a rope from a box. This was tricky. Another thing we did was slap stick, you had to pretend to slap someone and the other person had to pretend to fall. After half an hour of doing miming the groups swapped over. Then I was with Lil. If you were with Lil you did some sort of acro balance. In acro balance we held hands with someone and learnt back with our feet together. Another thing we did was the Air Chair! This was when someone lay down and put their feet and hands up into the air. The other person had to put their bum onto the other person’s feet and their feet onto their hands!